

## CLAIMS

We claim:

1. A method for treating a patient suffering from ulcerative colitis comprising administering a pharmaceutical composition comprising a combination of nicotine, an analog thereof or a nicotine antagonist, and an anti-depressant, wherein the pharmaceutical composition is administered in an amount effective to reduce the symptoms of ulcerative colitis.
2. The method of claim 1 wherein the anti-depressant is bupropion.
3. The method of claim 1 wherein the composition is administered transdermally.
4. The method of claim 1 wherein the composition is administered orally.
5. The method of claim 1 wherein the nicotine composition and anti-depressant are given in conjunction with an additional ulcerative colitis treatment selected from the group consisting of an aminosalicylate, a corticosteroid, an immunomodulatory medicine, a steroid hormone, and a probiotic therapy.
6. The method of claim 5 wherein the ulcerative colitis treatment is mesalazine, salazosulfapyridine, or budesonide.
7. The method of claim 1 wherein the composition is administered to a patient for a period greater than six months.

8. A substitute for smoking comprising administering to a subject for a period greater than two months a composition comprising nicotine, or an analog thereof, and an anti-depressant.

9. The method of claim 8 wherein the subject exhibits a condition selected from the group consisting of inflammatory bowel disease, emphysema, chronic heart failure, lung cancer, and esophageal cancer.

10. The method of claim 8 wherein the composition is administered transdermally.

11. The method of claim 8 wherein the composition is administered orally.

12. The method of claim 8 wherein the composition is administered to a patient for a period greater than six months.

13. The method of claim 12 wherein the composition is administered to a patient for a period greater than a year.

14. The method of any one of claims 1-13 wherein the composition is administered in a dose range between 5 mg/day and 40 mg/day of nicotine and 50 mg/day and 400 mg/day of bupropion.

15. The method of claim 14 wherein the composition is administered at a dose of 10-40 mg/day nicotine and 200 mg bupropion.

16. The method of claim 14 wherein the composition is administered at a dose of 10-40 mg/day nicotine and 400 mg bupropion.

17. A kit comprising:

- (a) a pharmaceutical composition comprising a combination of nicotine, a nicotine analog or nicotine antagonist, and an anti-depressant; and
- (b) an indication that the pharmaceutical composition is useful for treating ulcerative colitis.

18. The kit of claim 17 wherein the anti-depressant is bupropion.